

WELLNESS POLICY ASSESSMENT ANNUAL PROGRESS

Return to: Edrie Durio

District: Diocese of Lake Charles

Email – edrie.durio@lcdioocese.org

Phone – 337-433-9640, ext. 202

School Year: 2018-2019

Fax – 337-433-9685

School: Four schools completed the Wellness Policy Annual Progress Assessment form.

Nutrition Goal: Eliminate use of foods/beverages as rewards. Provide healthful food/beverages at school parties and after school events using Smart Snack guidelines and Pennington approved snack list. Louisiana Smart Snacks meeting criteria can be found at www.pbrc.edu.

Evaluation: Two schools have met this goal. Two schools are improving and working towards meeting this goal.

Nutrition Education Goal: Provide nutrition education related staff development opportunities for teachers on an annual basis (USDA's Team Nutrition).

Evaluation: Three schools have met this goal. One school is working towards meeting this goal.

Communication and Promotion of the Wellness Policy: The Wellness Policy will be shared with all parties at the school of the availability of the policy and annual assessment report at the school, the Catholic Schools website and other sites.

Evaluation: Three schools have met this goal. One school is working towards meeting this goal.

WELLNESS POLICY ASSESSMENT PLAN

Nutrition

Food and Beverages Sold Outside of the School Cafeteria

Eliminate use of foods and beverages as rewards for student accomplishment.

Provide healthful food and beverage choices at school parties.

Promote fundraisers that sell items other than food and beverages or only foods and beverages that are nutrient dense (low in calories and high in nutrients).

Provide nutritious and appealing food and beverage options whenever foods/beverages are sold or otherwise offered after school at sporting and academic events, celebrations, social events, after school care, and other school functions.

Nutrition Education

Nutrition is not a stand-alone course. The health education curriculum needs to include essential topics on healthy eating using all venues for optimal impact. Provide nutrition education related staff development opportunities for teachers on an annual basis.

Communication and Promotion of the Wellness Policy

The Wellness Policy Coordinator will share the policy with school staff and faculty, students, parents and the public.